



Pancakes with Strawberries

Try sliced apples, pears, or nectarines in the pancakes instead of strawberries.

Makes 4 servings. 2 rolled pancakes per serving.

Prep time: 10 minutes

Cook time: 20 minutes

Nutrition information per serving

Calories 291, Carbohydrate 55 g, Protein 6 g,
Total Fat 6 g, Saturated Fat 3 g, Cholesterol 20 mg,
Sodium 490 mg,* Dietary Fiber 4 g

*Exceeds 5 a Day nutrition criteria

Ingredients

- 3 cups fresh or frozen strawberries
- ½ cup reduced sugar preserves, any flavor
- 2 cups fat free just-add-water buttermilk pancake mix
- ½ cup light sour cream or nonfat vanilla yogurt (optional)



Preparation

1. In a large saucepan, mix berries and preserves. Cook over medium heat until slightly thickened, about 5 minutes. Set aside.
2. In a large bowl, combine pancake mix with water according to package directions. Add enough water to make a slightly thin batter.
3. Pour ⅓ cup batter onto hot griddle or into a large nonstick pan, allowing it to spread to about 5 or 6 inches. Cook until edges are dry. Flip over and cook until done. Repeat until all pancakes are cooked.
4. Place ¼ cup strawberry mixture in the center of each pancake. Roll up and transfer to serving plates.
5. Drizzle each pancake with remaining strawberry mixture. Top each pancake with 1 tablespoon sour cream or vanilla yogurt, if desired.

